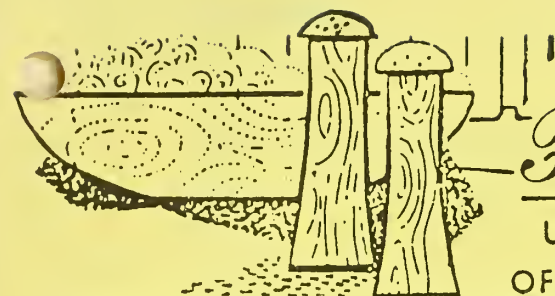


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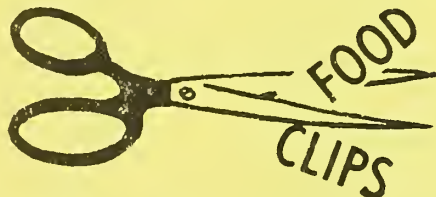
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

34TH YEAR

August 1, 1977

NO. 31



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Store cooked dried fruits in covered container in the refrigerator and use within a few days, suggest U.S. Department of Agriculture home economists.

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Good sources of iron include dried fruits such as raisins, dates, prunes, peaches, and apricots.

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Store frozen fruits at 0°F. or below if you plan to keep them more than a few days.

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Most home-frozen fruits keep high quality for 8-12 months at 0°F. or below. Home-frozen citrus fruits and juices, however, maintain high quality for only 4 to 6 months.

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Frozen concentrated juices should be used within 2 or 3 days after they have been opened and reconstituted.

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Use canned fruits and juices within 2 or 3 days after opening.

FOOD/GROUND BEEF

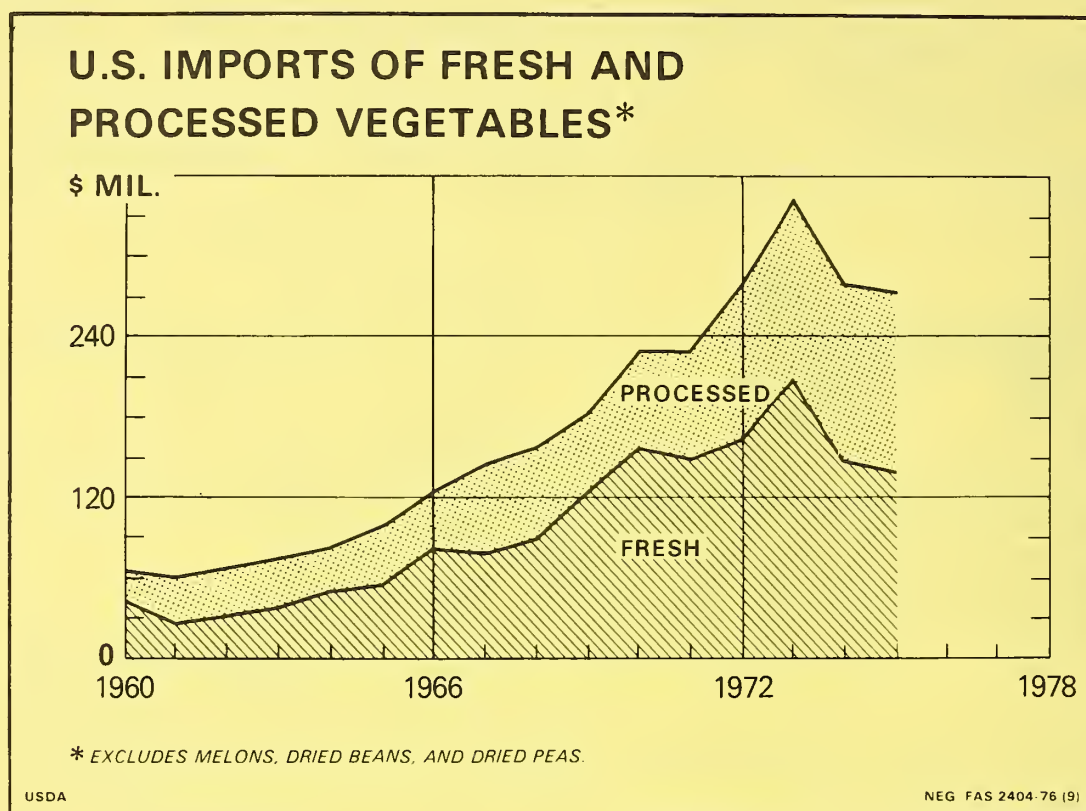
— "DESINUED"

Juicier, more tender hamburgers can be made from ground beef that has had the connective tissue removed, according to Dr. H. Russell Cross, a food technologist with the U.S. Department of Agriculture. In taste panel tests at the Meat Science Research Laboratory of the Agricultural Research Service in Beltsville, Maryland, the patties rated higher for flavor, tenderness, and juiciness than patties made from conventionally ground beef.

Americans consume about 11 billion pounds of ground beef every year -- usually as hamburgers made from ground beef from cows 8-10 years old. While the meat from older beef is usually more flavorful -- the meat is often tough due to the type and amount of connective tissue. The process called "desinewing" (removal of connective tissue) separates the connective tissue by forcing it out under pressure which removes the bone chips or other contaminants that may be in the meat.

Removing the connective tissue from the beef also increases its nutritional value since there is more meat in relation to connective tissue, which has lower nutritional value.

AGRICULTURAL CHARTS

U.S. imports of fresh and processed vegetables, by origin, 1960-75¹

Year	Canada	Italy	Mexico	Portu- gal	Spain	Taiwan	Other	Imports		
								Fresh	Proc- essed	Total
	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars	Million dollars
1960	6.0	11.5	28.0	0.1	0.9	1.0	16.2	42.3	21.4	63.7
1961	6.2	15.6	18.3	.5	1.3	1.0	17.1	29.2	30.8	60.0
1962	6.2	14.8	27.0	.3	1.2	4.2	14.7	36.8	31.6	68.4
1963	5.5	14.3	30.8	.2	1.3	7.4	15.4	42.2	32.7	74.9
1964	10.9	13.1	36.3	.3	1.9	6.1	17.3	54.1	31.8	85.9
1965	13.2	12.6	41.3	1.1	2.6	7.6	17.9	58.9	37.4	96.3
1966	9.8	13.8	68.7	2.9	3.3	8.6	17.9	81.8	43.2	125.0
1967	11.6	17.1	62.9	11.5	6.2	12.5	25.6	79.2	68.2	147.4
1968	11.1	14.4	70.0	15.0	9.4	14.1	26.2	85.2	75.0	160.2
1969	14.2	10.6	103.9	7.5	8.3	14.1	24.6	121.0	62.2	183.2
1970	14.7	10.6	140.8	6.3	10.4	18.2	31.5	159.2	73.3	232.5
1971	13.9	8.3	132.5	8.0	11.5	22.5	35.9	150.3	82.3	232.6
1972	13.4	11.6	141.5	13.0	15.6	34.2	55.6	158.8	126.1	284.9
1973	17.9	8.5	183.0	16.0	17.4	32.1	66.6	206.9	134.6	341.5
1974	26.0	10.1	118.3	5.8	17.8	33.9	71.5	145.6	137.8	283.4
1975	21.1	8.7	115.4	4.1	15.0	37.9	74.8	137.0	140.0	277.0

¹ Excluding melons, dried beans, and dried peas.

DRIED FRUITS

— AND LONGER STORAGE

Drying is an economical way to store fruits because energy is not required to keep them cold or frozen. Their reduced weight -- only 10 to 35 percent of fresh or canned fruit -- makes them more convenient to store...and less expensive to ship. In the United States, about 2,000 tons of dried peaches are processed annually.

However -- long-term storage can cause dried fruits to darken. Darkening occurs more readily in cut fruits (apricots, peaches, pears, and apples) as their sulfur dioxide (SO_2) is lost. But, darkening of dried fruits makes them less appealing to consumers -- therefore, less desirable in the marketplace.

Agricultural Research scientists Harold R. Bolin and Allen E. Stafford of the Western Regional Research Center (ARS/USDA) have worked with extended storage times for dried peaches. Using current methods, the scientists have found that they can extend the storage times for the peaches from an average of 9 months to as long as 18 months with improved packaging and handling techniques.

Previous research showed that high temperature was the major cause of fruit darkening -- but, additional studies showed that the type of packaging and sealed-in environments affected storage. Dried peaches were tested in waxed cartons, newest cellophanes and polyethylene pouches, and other sealed-in environmental package materials including vacuum, regular air, and nitrogen environments.

Dried peaches were sealed successfully in polyethylene pouches and held at approximately 69° F. (with prior preparations). Although the tests were conducted using only dried peaches, the chemists believe similar results can be achieved with other cut fruits.

PESTICIDES --AND SAFE USES

You can control pests in your garden -- with Safety -- if you use pesticides properly.

Before buying a pesticide, check the label to be sure it lists the name of the pest you want to control. If not handled and applied properly, many pesticides can injure (and some even kill) wildlife, fish, honey bees, domestic animals or humans. The first rule of safety in using pesticides is to read and follow the directions and precautions on the container label.

Don't depend on your memory -- read the label each time you use a pesticide.

Bees and other pollinating insects have definite times for visiting plants. To prevent loss of the beneficial insects do not apply pesticides during those times.

Avoid drifts of pesticides. Don't spray or dust in your garden if the day is windy.

Remember -- wash with soap and water and change clothing immediately if you spill a pesticide concentrate on skin or clothing. If you get a concentrate in your eyes, flush them with plenty of water for 15 minutes and get medical attention.

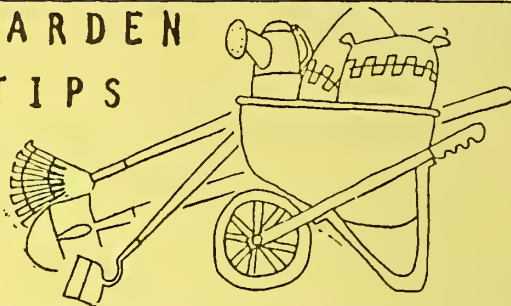
Be sure to store pesticides in closed, well-labeled containers --and out of the reach of children and pets. If a pesticide is marked "POISON," it will have an antidote statement on the label. Make this information readily available in case of accident.

USE PESTICIDES SAFELY

READ AND FOLLOW THE LABEL

FOOD and HOME NOTES, a weekly newsletter directed to mass media outlets, is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250. Editor: Shirley Wagener...Phone 202-447-5898.

GARDEN TIPS



This is usually a critical time for water. If necessary, let the grass go and put available water on new trees and shrubs. (Grass will come back with the first rain.)

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Examine trees for any unusual growths, scales, excretions, or fungus. Many pests and diseases can kill trees.

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Check off color foliage, especially on conifers, for presence of red spider mites. Apply insecticide, if necessary.

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Spot any bagworms? Eggs overwinter, so take off and burn.

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A mower in careless hands can severely damage tree bark at the base of trees; wounds can become immediate focal points for infectious diseases.

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The homeowner plants trees to give scale and proportion to desired features of his property -- and to delight his family with spring bloom and fragrance and coolness in summer.